

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
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Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
Director



For Your Information...

KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
1-(877) 222-3737

Meals on Wheels
(201) 336-7420

Bergen County Housing Authority
(201) 336-7600

Community Transportation
(201) 368-5955

Division of Disability Services
(201) 336-6500

Bergen County
Board of Social Services
(201) 368-4200

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER

101 Hudson Street
Hackensack, NJ 07601
Phone: (201) 336-3320 • Fax: (201) 488-2867

Unitedcenter@co.bergen.nj.us

Open: Monday - Friday, 8:00AM - 3:30PM

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James J. Tedesco III, County Executive

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
April 2024

April 2:	Neurographic Art	9:30AM
April 8:	Bergen Bites Back Presentation w/ BC Health Services	9:30AM
April 9:	Total Brain Health w/ Aggie & Dorene	10:00AM
April 12:	Senior Planet: Smartphones At A Glance	9:30AM
April 15:	Jeopardy w/ Tricia	9:30AM
April 16:	Presentation: Short Term Care w/ Alaris Health at Chateau	9:30AM
April 17:	April Birthday Party	11:30AM
April 23:	Color & Sip Party	9:30AM
April 24:	Blood Pressure Screening w/ Hackensack Health Dept.	9:00AM
April 25:	Music & Drum Circle Class	1:30PM
April 26:	Jeopardy w/ Tricia	9:30AM
April 26:	Bingo Bash	12:30PM
April 30:	Trivia w/ Maria & Tricia	9:30AM

Caregivers Conference

Thursday, April 11th
5:00 PM - 9:00 PM
Bergen County Administration Building
Multi-Purpose Room



To RSVP Call 201-336-7400 or
Email seniors@co.bergen.nj.us

Public Hearing on the Needs of Older Adults

Tuesday, April 30th
8:30 AM - 11:30 AM
Bergen County Administration Building
Public Meeting Room (5th floor)

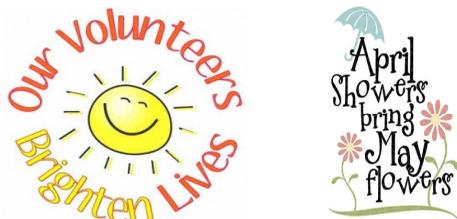
To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us



The United Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.



Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services or employment practices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>¹ 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Pork Loin w/ Gravy</p>	<p>² 9:30 Neurographic Art 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>³ 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>⁴ 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30PM Bingo</p> <p>Stuffed Cabbage</p>	<p>⁵ 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Turkey and Swiss w/ Romaine on Whole Grain Roll</p> 
<p>⁸ 9:30 Presentation: Bergen Bites Back 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p>	<p>⁹ 10:00 Total Brain Health Class 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Egg Salad Platter on Romaine</p>	<p>¹⁰ 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>LS Ham Steak</p> 	<p>¹¹ 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Salisbury Steak</p>	<p>¹² 9:30 Senior Planet 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Chicken Parmesan</p>
<p>¹⁵ 9:30 Jeopardy  10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Stuffed Peppers (Turkey)</p>	<p>¹⁶ 9:30 Presentation: Alaris Health 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Roast Beef w/ Gravy</p>	<p>¹⁷ 9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 April Birthday Party 12:30 Bingo</p> <p>Tuna Salad Platter</p>	<p>¹⁸ 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Cheeseburger w/ Lettuce, Tomato on Whole Wheat Bun</p>	<p>¹⁹ 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Eggplant Rollatini</p> 
<p>²² 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Herb Roasted Chicken Leg</p>	<p>²³ 9:30 Color & Sip Party 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Cheese Omelet</p> 	<p>²⁴ 9:00 Diamond Art 9:00 Blood Pressure Screening 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Baked Ziti w/ Meatballs</p>	<p>²⁵ 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo 1:30 Music & Drum Circle</p> <p>Chicken Piccata</p>	<p>²⁶ 9:30 Jeopardy 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p> <p>Swedish Meatballs</p>
<p>²⁹ 10:00 Trivia 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Chicken Cacciatore</p>	<p>³⁰ 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Beer Battered Fish</p>	<p>Our Volunteers Brighten Lives</p> 	<p>*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</p> 	<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>